



COMMUNITY NEWSLETTER *Management@DME*

Vol 4, No 7 (March 2020)

www.dme.ac.in

In This Issue:

- Page 1 • Each One Empower One
- Page 2 • Placement Week for Management Students
Women Empowerment
- Page 3 • Health Awareness Session
 - Empowering Women Through Skill Development
- Page 4 • Glimpses of the Placement Drive

EDITORIAL



Dr Poorva Ranjan
Associate Professor
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Each One Empower One

A high degree of freedom, independence, strong voice and confidence is seen in working women be it educated or less educated or even uneducated. In case of educated working women, their strong experience in life home and career have a huge role to play in women's empowerment of the women around them who are not that blessed. That tiny piece of change happens because of the choice you make at this moment. The choice to help women around you and make them feel empowered in various ways.

As an empowered woman You choose - to not wait for change, but to make it happen. You choose - to take action for the rights of girls/ women everywhere, to an education, to safety, to a living, to life, to work, to be working mothers, to be women entrepreneurs etc.

One of the simplest ways is to guide a girl child in making better educational choices which are career oriented in nature. Helping her to choose the right field based on her strengths. Counselling her parents to let her pursue that chosen field. Generating confidence in her even if it calls to stay far away from home to fulfil her goals in life. Right guidance is needed by young girls so that their bright career can be shaped in the right manner. A

working educated women has experienced the job market and can share her experiences for making more informed choices to a girl standing at the same juncture where she was in early life.

One can also help a house help's daughter in making a skill-oriented career and stepping up from the existing life. Giving information about various courses available nearby, providing small monetary help or loans against salary can be an important thing that can be done. A maid's daughter is not destined to be maid always. Her life can be shaped better. She can be guided to pursue Beauty parlour/ Tailoring/ Embroidery/ Driving/ Nursing/ Child Care Help/ Old age care taker/ agro based food maker etc courses with certifications. This will yield her better and secure high paying jobs. Not only her but her entire family's life will get turnaround with this.

A non-working woman can extend help to a working mother in assisting keeping her child while working mother is at work. Or Educated non-working women can offer tuition support to working mother's child. The right support system bring strength to women as a whole and win situation for all. Many working and talented women face a scenario of daily struggle to keep or teach their child due to commuting and long working hours. Each woman can extend help to a nearby women they're by empowering her in some way or the other.

These simple acts show how you can be involved in your own special way. And you'll find yourself standing together with hundreds of other women who care deeply about creating change, just like you.

Change is a choice you make today. And when change comes, you can be proud that you played a part in bringing it home. Let's start the chain reaction of Each One Empower One !

Theme of the Current Issue Women Empowerment

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Placement Week for Management Students



- Ms Pooja Tripathi
Convener, Placement Committee

Placement Committee of School of Management, Delhi Metropolitan Education organized "Placement week" for final year students of BBA from 2nd of March 2020 to 7th of March 2020. The week was organized to provide ample placement opportunities to final year students. More than 15 companies like; Lakme, Just dial, Lido learning, Cubicle laboratories, Karvy, Zetatron, Tetrahedron, Phronesis, ICICI, etc. participated in the week. The confidence reposed by recruiters in the talent pool nurtured by DME was reflected by lucrative packages offered to students that varied from 3-6LPA. Profiles

offered included were of Human Resource, Operations, Marketing, Advertisement, Digital Marketing, Finance, Research etc. Placement Committee ensured that more than 60 students who participated in the week should make it to their desired profile by providing interview preparation sessions and mock interview drives.



Women Empowerment



- Dr. Shuchi Goel
Assistant Professor

Empowerment of women has been a raging topic all over the world. Gender disparity between men and women has been an age-old issue in the world including India and therefore, women's quest for equality with men is a universal struggle.

Mary Wollstonecraft said, "I do not wish women to have power over men, but over themselves", and this is what is the crux of the problem, women have made peace with the injustice and in most parts of the world, had assumed it to be their reality. They need to conquer themselves first and foremost. We live in a world that is so entrenched by the patriarchal structure, a society where men have more power than women. There's a systematic bias against women and they have been so internalized that the women have given into this notion and accepted it, which is why it is essential to empower them. Empowerment in absolute terms means to become stronger and confident in having control over one's life and assert one's rights. There's an incessant fight against the oppression and ostracization of women. Discrimination against women is pervasive all over the world even in the 21st century and our society is adept at exploitation and ill-treatment of women.

Women's empowerment is to ensure that women have equal rights and to make them independent in all aspects of life. There also needs to be a change in the human conscience that women are capable of making rational decisions and that they are just as competent as men. In India, women have held high positions from the prime minister to scientists to sportswomen as Kalpana Chawla, Indra Gandhi, Saina Nehwal and so forth. Women need to become self-reliant and raise voices to break free from the shackles of patriarchal norms set centuries ago. In a country like India, where religion plays such a strong role what better to set an example for women than the goddess of wealth 'Laxmi', goddess of knowledge 'Saraswati' and goddess of strength 'Durga' and so on that everyone worships.

The time is changing now. Each girl child must be educated and made aware of the right and potential that she bears. In India Government is making all out efforts for welfare and empowerment of women with the programmes like 'STEP' which is a scheme aiming to provide skills to women to enable them to become self-employed or self-entrepreneur. 'Mahila E-Haat', online marketing platform to showcase the products they make and the services they render. A social campaign to eradicate female foeticide 'Beti Bachao, Beti Padhao' was launched on 22nd January 2015. 'One-stop center scheme' popularly known as 'Sakhi' focuses on providing shelter, police desk, legal and medical services to victims of violence. Several hostels are made available to provide working women with safe and convenient accommodations.

Nature has made women inherently very powerful to sustain the challenges of life and sense of responsibility. She is in fact epitome of power. But for women to be truly empowered, they need to believe in themselves.



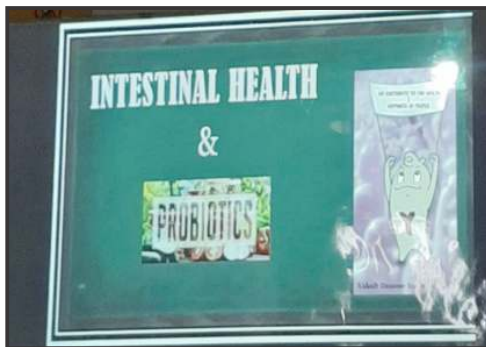
“It is health that is real wealth and not pieces of gold or silver”

Health and wellness is undoubtedly the essence of life. Students of DME were grateful to be a part of a “Health Talk” focusing on the importance of the intestinal health and role of probiotics in maintaining. The workshop was held on 4th March 2020. It was an amazing opportunity for students to get an understanding about importance of probiotics. The guest speaker was Ms. Jyoti Bohra, Senior Executive (Science Department) at Yakult Danone India Pvt. Ltd. The event started with felicitation of the guest by Dr. Swati Jain, Head(2nd) of Department, DME Management School. This was then followed by an address by Ms Bohra. Being an expert in the field of Food Science and Technology, Ms. Bohra aroused interest among students and was able to deliver an informative and practical based session rather than just a

theory based speech. She not only conveyed to us the relevance and importance of probiotics in our day to day life but also informed us about the increasing need of good bacteria in our body.

Surrounded by different type of probiotics manufacturing company around us, it is not wrong to say that Yakult Danone India Pvt. Ltd is a leading probiotic manufacturing company. Yakult is a probiotic fermented milk drink which contain 6.5 billion beneficial Lactobacilluscasei strain Shirota(LcS). The bacteria reach the intestine to help improve digestion and thus build immunity

The event came to an end with the distribution of Yakult samples among students which was an appreciable gesture.



Empowering Women Through Skill Development

I measure the progress of a community based on the level of progress of the women of that community.

-B. R. Ambedkar

Women have a lot of talent, but due to lack of proper guidance and education, they are unable to use and showcase the talent they possess. If women are empowered rightly, they can hone their skills through which the country will also get talented women and it will work for the development of the country. There are still many countries in the world where women are not given equal rights. To overcome the situation, the emphasis is on developing such women through women empowerment.

The Government of India runs many schemes for the development of the women of the country. The government wants to empower women and help them, with the help of these schemes:

National Mission for Empowerment of Women: This mission was started on 15 August 2011 by the Government of India to empower women at both national and state levels. Women are being made self-dependent due to this mission.

Swadhar Ghar Scheme: Under this scheme, girls above the age of 18 years are given accommodation to live for girls who are homeless. Apart from housing, food, clothes, health facilities and their economic and social security are also insured under this scheme.

One-Stop Center Planning Scheme: Under this scheme, women facing domestic violence are assisted. Women suffering from violence are also given medical, legal, psychological and counselling and other assistance.

Beti Padhao, Beti Bachao Scheme: The Beti Padhao, Beti Bachao Yojana was started to create awareness among the people about the welfare of girls and their studies. In the year 2015, this scheme was implemented. This scheme encourages, families of girls are encouraged to educate them.

Working Women Hostel Scheme: This scheme has been



Ms. Monika Kadam
Assistant Professor

started for women who are working away from their families. Under this scheme, the living facility is provided by the government to any working woman. Women can continue their jobs without any fear by staying in these hostels opened by the government.

Women Helpline Scheme: This scheme, launched in the year 2015, has been made for women affected by violence. With the help of this scheme, any woman affected by domestic violence can call 24-hour toll-free telecom service and ask for help. Any woman can call the 181 number anytime and get any help from the police.

Rajiv Gandhi National Creche Scheme: This scheme has been implemented for mothers working in offices. Through this scheme, working women can leave their children in the nursery. Where their children will be taken care of. Along with the care, children are provided with better nutrition, immunization facilities, sleeping facilities and more in these nurseries.



Glimpses of the Placement Drive



COVID-19

YOUR SAFETY IS OUR PRIORITY

Working From Home



Some tips to adjust to school being moved online from the coronavirus outbreak

Make a Schedule

- Plan out your day ahead of time, the structure is important. Break your work into small manageable tasks and set aside specific times to get them done.

Create a Study Space

- Have a designated space that is clean, comfortable and has everything you need to get work done. Reorganizing and cleaning your space can help to clear your head and make you more excited to sit down and get things done.

Learn to Use Online Tools

- Now is the time to delve into time management apps, new ways to interact with your study groups and other tools to help the transition to online school be as smooth as possible

Regulate your Sleep Habits

- Having a regular sleep schedule helps to add structure to your day and helps you stay healthy. Although it may feel like summer vacation, it's probably not a good idea to sleep in every day.

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DME HAS A TECHNOLOGY ENABLED WORKFLOW

TEACHER **STUDENT**

ENSURING STUDIES DON'T SUFFER
REGULAR E-CLASSES FOR STUDENTS DURING LOCKDOWN

#LearnAtHome www.dme.ac.in



Mindset Shift- From Lockdown to becoming Open-minded

Mind under lockdown state	An open-minded person	
I am stuck at home	I am safe at home	I am spending more time with my family
I will run out of items. I cannot buy anything new	I have enough at home. Let me use it wisely	Let me reduce, recycle and re-use
Everything is shutting down. I'm panicking	The most important places as grocery store, medical facilities are still open	My Distance Learning is still happening. I am not missing on to my learning.
There is too much of insecurity. I feel anxious and unsafe	While I cannot control the situation, I can control my actions by keeping myself safe- by washing hands regularly, by taking all precautions and by staying at home.	I can keep myself healthy by practicing mindfulness, exercising every day, eating nutritious food and sleeping well. I will also do everything that makes me happy while I am at home.